

From Both Sides

拍數: 32 牆數: 4 級數: Improver
編舞者: Ayu Permana (INA) - August 2024
音樂: From Both Sides - Dana Winner



Intro: 16 counts - 2 Restarts - No Tag

SECTION 1. SIDE - BACK ROCK - CHASSE - CROSS ROCK - SAILOR 1/4 TURN LEFT (09.00)

1-2-3 Step L to side - Step rock R backward - Recover on L
4&5 Step R to side - Step L close to R - Step R to side
6-7 Cross rock L over R - Recover on R
8&1 Sweep L from front to back, making 1/4 turn left, and step L behind R (9.00) - Step R to side - Step L to side

SECTION 2. CROSS ROCK - CHASSE - CROSS ROCK - CHASSE 1/4 TURN LEFT (06.00)

2-3 Cross rock R over L - Recover on L
4&5 Step R to side - Step L close to R - Step R to side
6-7 Cross rock L over R - Recover on R
8&1 Step L to side - Step R close to L - Turn 1/4 left, step L forward

SECTION 3. PIVOT 1/4 TURN - CROSS SHUFFLE - SIDE ROCK - GRAPEVINE (03.00)

2-3 Step R forward - Turn 1/4 left, step on L (3.00)
4 Cross R over L

****Restart here on walls 4 and 8**

****Finish the dance here on wall 12**

&5 Step L to side - Cross R over L
6-7 Step rock L to side - Recover on R
8&1 Step L behind R - Step R to side - Step L forward

SECTION 4. FORWARD ROCK - BACK SHUFFLE - ROCK BACK - FORWARD - POINT (03.00)

2-3 Step rock R forward - Recover on L
4&5 Step R backward - Step L close to R - Step R backward
6-7-8 Step rock L backward - Step R forward - Touch L toe next to R

REPEAT

RESTARTS:

On walls 4 and 8 after dancing for 20 counts (Section 3, count 4) - both facing 12.00 - then restart the new walls from the beginning

ENDING:

On wall 12 after dancing for 20 counts, (Section 3, count 4) - for nice ending, step L to side & pause..

Enjoy & happy dancing

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